

Radiogram No 3099u

Form 24 for 03.20.2002

Medical Checkup

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–08:00		Prep for work
08:00–08:15		Daily planning conference (S-band)
08:15–08:55	CDR	Maintenance of ? ? ?
08:15–10:15	FE-2	Pre-8A collection and incubation of SSK test samples
08:20–08:25	FE-1	Setup for ham radio pass
08:25–08:35		Ham radio pass
08:40–08:55		ICE hammer test setup
08:55–09:10		ICE: video camera setup for hammer test recording
09:00–10:00	CDR	Physical exercise (TVIS-1)
09:10–10:40	FE-1	Physical exercise (RED)
10:00–11:30	CDR	Physical exercise (cycle+RED day 1)
10:15–10:55	FE-2	INTERACTIONS: data entry
10:40–10:50	FE-1	ICE hammer test
10:50–11:50		Physical exercise (TVIS)
10:55–11:10	FE-2	TEPC relocation (powerdown & relocation)
11:10–12:10		EHS-TEPC: S/W reload from MEC
11:30–12:10	CDR	IMS file prep
12:00–12:10	FE-1	ICE hammer test
12:10–13:10		LUNCH
13:15–13:40		ISS4/8A crew conference
13:40–15:05	FE-1, FE-2	IMS cleanup
13:40–14:10	CDR	PFE inspect
14:10–14:40		NODE1 PBA inspect
14:40–14:55		UF1 payload status check
15:05–16:35	FE-2	Physical exercise (RED)
15:05–15:20	CDR	Regeneration of ? 1 absorption cartridge in ? ? ? (end)
15:25–15:35	FE-1	ICE hammer test
15:35–15:45		ARIS R2 guide installation
15:40–16:30	CDR	INTERACTIONS: data entry and backup
15:45–15:55	FE-1	ARIS2: GN2 installation
15:55–16:15		Experiment of Physics of Colloids in Space (EXPPCS): prep for HDD R&R
16:30–17:00	CDR, FE-1	Study of bioelectrical activity of heart at rest (? ₀ =16:44) (FE-1 assist)
16:35–17:35	FE-2	Physical exercise (TVIS)
17:10–18:00	FE-1	EXPPCS HDD R&R
17:35–17:55	FE-2	PCG-STES007 deactivation
17:55–18:00		TEPC power cycle

18:00–18:10	CDR	Daily plan review
18:00–18:25	FE-1, FE-2	
18:10–18:25	CDR	Regeneration of ? 2 absorption cartridge in ?? ? (start)
18:25–18:40		Daily planning conference (S-band)
18:45–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: See OSTP for references to US activities

End of radiogram